

Before Starting, choose which one you want to be
A Garnak and Jiffnoon.

How many of you want to free, free to be yourself as you
truly are. Well one way of doing it is understanding words
or a word. Most of us are unhappy because we can't
express ourselves as we want. Why because we feel
we have these standards at which we have to uphold and
live up to please other and get approval. We been condition
or lack of a better word brainwash, so we conscious ourselves
to what we think is right to the other person, and still
wonder, How did I do, was it good enough. Truth be told
you'll never be happy with that sort of thinking. Words
are powerful, something sound good we absorb ourselves in it,
if it's negative we repell, feeling insulted and hurt. Think
S-E-X-Y, letters which become a word sexy, which you give
meaning too. Sexy is this and that, which cause feeling, emotion,
~~pleasure~~ pleasure, pain and etc. Now garnak and jiffnoon, I
tell you garnak mean you are sexy and attractive with elegances,
now you think-of-thankyou, you take pleasure in it. Now jiffnoon
I tell you mean, you are too stupid to know you are not a garnak.
Now you feel critized. But remember neither effect you at first,
because they had no meaning until you + I gave it meaning, which
cause other effect on you. (garnak and jiffnoon are words I made
up by the way.) I want you to know that you are perfect, beautiful
and pure, learn not to give words meaning to hurt you or the
need to make you feel great, learn to be indifferent hear it,
acknowledge it, and let it go. Know yourself, because no one else
can and seeking to make yourself feel great, you will constantly
have up and down feeling. why do that to yourself.

Google-11-19-12